



Fitness *Fridays*

Research shows that staying active is one of the most important strategies to keep our brains healthy and strong. Far beyond strengthening our muscles, exercise provides enormous cognitive, emotional and social benefits. It sharpens our memory and attention, elevates the “feel good” hormones in the brain, supports independence and boosts our sense of confidence.

Join us each Friday for exercises led by the campus occupational therapist. **Calli Carlson**, OTR/L, CLT, works with clients of all ability levels. She focuses on movements that help improve mood and well-being, increase strength to reduce risk of falls, and enhance self-confidence through activity mastery. Caregivers, family members and their persons living with dementia are all welcome to attend this fun and upbeat morning group.

10–11 a.m. Fridays (*beginning April 7*)
excludes major holidays

Dementia Care and Education Campus

Education Center
3811 N. 44th St., Phoenix, AZ 85018

For questions or to register: email events@DementiaCampus.org or call (602) 767-8300

*Offered at **no charge**. Registration preferred, but walk-ins welcome.*



DEMENTIA CARE
and **EDUCATION**
CAMPUS

3811 N. 44th St. Phoenix, AZ 85018 (602) 767-8300 dementiacampus.org

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